

Goals Quiz

“What are your long-term goals?”

Here’s a **self-discovery quiz** to help you clarify their **long-term goals** — the bigger aspirations they want to achieve in the next **1 to 5 years**. This quiz walks through major life areas and helps you identify your inner desires, values, and visions for the future and can help to provide you with a bigger-picture direction. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

Instructions: For each statement in each category, choose the answer that best describes how often you experience it:

- **A = Not true for me**
 - **B = A little true for me**
 - **C = Somewhat true for me**
 - **D = Mostly true for me**
 - **E = Absolutely true for me**
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Section 1: Career & Purpose

1. I want to feel proud of the work I do every day.
 2. I dream of starting or growing a business or passion project.
 3. I want to become a leader or expert in my field.
 4. I hope to switch to a career that aligns with my values.
 5. I want financial independence or long-term stability.
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Section 2: Health & Well-Being

6. I want to develop sustainable habits for my physical and mental health.
 7. I envision myself feeling strong, energized, and resilient.
 8. I want to recover from burnout or chronic stress.
 9. I want to feel in control of my emotional well-being.
 10. I’d like to prioritize my long-term physical health and prevent illness.
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Section 3: Relationships & Connection

11. I want to build or maintain a healthy long-term relationship.
12. I hope to become a better communicator and listener.
13. I want to raise a family, support my loved ones, or create a chosen family.
14. I want to deepen my existing relationships and create lasting bonds.
15. I want to surround myself with people who support and inspire me.

Section 4: Personal Growth & Fulfilment

16. I want to grow emotionally, spiritually, or intellectually over time.
 17. I want to leave behind limiting beliefs and patterns.
 18. I want to feel confident in who I am and how I live.
 19. I hope to feel a lasting sense of purpose or meaning.
 20. I want to build a life I'm genuinely proud of.
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Section 5: Lifestyle & Legacy

21. I want to own a home or live in a place that feels truly mine.
 22. I want the freedom to travel, explore, or live more adventurously.
 23. I want to save, invest, or plan for future generations.
 24. I want to contribute to something larger than myself — a cause, movement, or mission.
 25. I want to be remembered for living with integrity and intention.
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Scoring & Reflection:

Count how many items you rated **D** or **E** in each section. Those areas likely hold your strongest long-term goals. Use this as a jumping-off point for deeper journaling or planning.

Reflect & Define Your Top Long-Term Goals:

After completing the quiz, ask yourself:

1. Which 3–5 items across all sections feel most important or urgent?
2. What small actions can I take **this week** to start progress?
3. What would achieving this goal give me — emotionally, practically, or mentally?